

**Amendments to the Specification:**

Please replace the paragraph, beginning at page 5, line 6, with the following rewritten paragraph:

Referring now to Fig. 1A, there is shown a person 10 resting on his or her side 12 on a ~~base surface 14, such as a mattress~~ base surface S, such as a mattress 14. A first adjustable support 16 is provided under the person's head/neck 17; a second adjustable support 18 is provided under the person's top arm 19; and a third adjustable support 20 is provided between the person's legs to elevate the top leg 21. As used herein, the term or "top arm" and "top leg" refer to the respective or arm and leg that are elevated above the base surface, whereas the "bottom arm" and "bottom leg" refer to the respective arm and leg that rests upon the base surface. The terms "upper arm" or "upper leg" refer to the portion of an arm or leg above the elbow or knee, respectively, whereas "lower arm" and "lower leg" refer to the portion of the arm or leg below the elbow or knee, respectively. It should also be understood that positioning of the top leg may also affect positioning of other parts of the thigh/upper leg/hip/lower back zone of the body, which may also include positioning of the knee and lower leg portions of the top leg.

Please replace the paragraph, beginning at page 8, line 3, with the following rewritten paragraph:

In an embodiment with two individual pillows, such as shown in Fig. 2, a first pillow ~~20~~ 22 having two adjustable sections ~~22 and 24~~ 24 and 25 and a second pillow 26 having a single adjustable section 28 are provided. Although shown with the two-section pillow ~~20~~ 22 supporting the arm and leg of the user and the single-section pillow supporting the head/neck, an embodiment wherein the two-section pillow is adapted to support the head/neck and arm and the single-section pillow is adapted to support the leg may instead be provided.